

FEBRUARY  
2021



# FACES OF

# HOSPITALITY



## TAKE CARE OF OUR BODY

The best thing is to carry out a moderated activity during 30 minutes every day in order to stay agile.

### Sedentary lifestyle:

- It is the clear enemy to health.
- It increases overweight, cholesterol and diabetes.
- It is the origin of most of our diseases
- It alters the nervous system increasing anxiety, depression or stress.

### The Exercise:

- It reduces blood pressure, type 2 diabetes and can be improved by controlling weight and exercising,
- It improves quality of life and prevents rheumatic diseases, such as arthritis, osteoarthritis, osteoporosis.

<https://www.youtube.com/watch?v=Jw5-dFjXyls>

## TAKE CARE OF THE ENVIRONMENT

Let's watch the video, let's think about what we are doing with our planet today. What can we do to take care of it for those who follow us?

<https://www.youtube.com/watch?v=UGCNGUMC3tU>



**Human health  
is a reflection  
of the health of  
the Earth.**

*(Heraclitus of Ephesus)*

## TAKE CARE OF OUR MINDS

To practice gratitude, to sleep well; to keep a healthy diet and to grow in human relationships favours our mental health.

How do you do all these things?

Let us watch this video to exercise our memory

<https://www.youtube.com/watch?v=3-uf6Qs8FK8>

## TAKE CARE OF THE SPIRIT

<https://www.youtube.com/watch?v=soSFaJtzjhc>

**THE TRIP IS SO SHORT:** (text of the video)

An old woman got on a bus and took her seat. At the next stop a strong and grumpy young woman sat down abruptly next to the old woman and struck her with her numerous bags.

Seeing that the old woman was keeping silent she asked her why she hadn't complained about her when she hit her with the bags.

The old woman replied with a smile: It is not necessary to be rude or argue about something so insignificant since my journey with you is so short, as I will get off at the next stop.

This answer deserves to be written in gold letters: "it is not necessary to argue about something so insignificant, because our journey together is very short".

Each one of us must understand that our time in this world is so short that darkening it with fights, useless arguments, jealousy, not forgiving others, discontent and an attitude of constant inquiry is a ridiculous waste of time and energy.

Someone broke your heart, relax, the trip is very short. Someone betrayed, intimidated, humiliated or deceived you, calm down, forgive, the trip is very short. Someone insulted you for no reason, calm down, ignore, the trip is very short. Some Sister said something about you that was not to your liking, calm down, ignore it, forgive it, the trip is very short.

Whatever adversity someone brings us forgive it, let us remember that our journey together is very short. Let's live full of gratitude and joy, let's forgive, let's love, let's be happy, let's think of others. Remember that the trip is very short.

What do you still have to forgive in your heart?

Let us remember that Jesus invited us to love one another as He has loved us.



**MORE YEARS, MORE LIFE**

**“TAKING CARE OF OURSELVES TO LIVE AND TO BE BETTER”**